

### Abstract of the Disclosure

The present invention provides a fixing device and a fixing method, and an image forming apparatus using the fixing device, wherein at least heat is applied to an unfixed toner image formed on a recording material to soften or melt toner of the unfixed toner image into a state of being able to be deformed by an external force, and, while the toner is maintained in the state of being able to be deformed by an external force, the toner is pressed to be flowed with a pressing surface having a temperature adjusted to be lower than a temperature at which the toner can be deformed by an external force to be flowed, whereby it is possible to obtain an image which is free from wasteful energy consumption, and has image quality excellent in transparency of a toner image and in OHP permeability, and has a high glossiness and free from gloss nonuniformity, and with which curl is hardly caused in a recording material.